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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 22

VANCOUVER metro®

NEWS WORTH SHARING.

Got sensible shoes? Sensible B.C. wants you

Pot activist seeking thousands of canvassers to help him force a vote on decriminalization PAGE 6

Syria accused of chemical attack

Unsettling images emerge of victims, many of them children, of an apparent nerve-gas assault in Damascus PAGE 8

High price to be paid for health

A growing number of Canadians are travelling out-of-province for specialized care, and paying a steep price PAGES 14 & 15

THE KEY TO FALL STYLING?

KEEP IT SIMPLE. SMART JEANS, A CRISP WHITE SHIRT AND A FEW WELL-CHOSEN ACCESSORIES WILL SEE YOU THROUGH THAT AWKWARD SEASONAL CHANGE PAGE 23

An officer shows off tomatoes growing in the rooftop garden at the Vancouver Police Department headquarters on Cambie Street. EMILY JACKSON/METRO

Greens over honey glazed

No doughnuts here. Vancouver police plant community garden on headquarters roof

Stereotypical police officers might eat doughnuts and pump iron to work off steam, but in Vancouver they nosh on kale and tend to their rooftop garden.

Yes, folks, even the city's police officers have jumped on the eating-local bandwagon.

Without prompting from a city council known for aggressively pushing its "greenest" city agenda, the police have grown a community garden with renewable crops on their headquarters' rooftop.

"People wouldn't think this is something that police do in their spare time, but we had the space. It worked out," Sgt. Randy Fincham said on a tour of the garden Wednesday.

What was a bed of low-maintenance, browning bushes surrounded by a concrete barrier has evolved into a patch of leafy kale, beans, tomatoes and greens since the spring.

The program began when a civilian staff member noticed the roof's southeast exposure and extra light reflecting off the building would make for prime growing conditions, Fincham said.

After consulting with a community garden down the street, police decided to rip out the bushes and plant a productive garden using soil from the city's compost landfill.

A team of seven volunteers from the force brought in all the supplies, including seeds and tools. They tend to the garden when they're off the clock.

The police selected the Urban Native Youth Association to receive a portion of the crop. The veggies go to the association's culinary program, which teaches job skills to aboriginal youth arriving from other parts of the country.

The team will sell the rest of the crops internally to fund supplies for the garden. If they make enough money to expand, they may sell produce to outsiders. EMILY JACKSON/METRO

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Fighting 'renovictions'

Downtown Eastside. Developer with history of upscaling single-room occupancy buildings accused of trying to force low-income tenants out

EMILY JACKSON
emily.jackson@metronews.ca

Numerous evictions from a cheap Downtown Eastside apartment building have the Pivot Legal Society and housing advocates calling for more city protection for low-income tenants.

Seven residents of the 36-unit York Rooms at 259 Powell St. have allegedly been threatened, evicted for minor reasons such as leaving through the backdoor fire escape, or bribed to move with sums ranging from $400 to $2,000, Pivot housing lawyer DJ Larkin said Wednesday.

The evictions are part of what appears to be the new owner's plan to raise rents from $425 and attract renters such as students and artists, Larkin said.

While this type of "renoviction" happens across the city as landlords upgrade buildings to make more money, Pivot alleges that pushing out people just because they're on welfare is a human-rights violation.

"They're constantly creating an atmosphere of fear in the hopes that people will move out," Larkin said. "You cannot violate peoples' human rights simply for your own profit."

Steven Lippman of Living Balance bought the building, which features single-room occupancy (SROs) with shared toilets and kitchens, a few years ago. Lippman has a pattern of upscaling SROs in the neighbourhood, much to the chagrin of housing activists who accuse him of displacing people on income assistance.

Attempts to reach Lippman were not successful and messages to the York Rooms managers were not returned Wednesday.

Billed as the "New York Rooms" on a Tumblr website that boasts the proximity to transit and art facilities, the apartments sit atop Cuchillo, a trendy new restaurant that has itself attracted protests against gentrification in the traditionally low-income area.

Pivot and neighbourhood housing activists will hold a news conference Thursday morning to call on the city to protect low-income residents against evictions.

"(The city) includes SROs in their low-income housing numbers, so they should have a duty to protect it," Larkin said.

Some residents at 259 Powell St., a low-rent, single-room-occupancy apartment in the Downtown Eastside, allege the new management is bribing them to leave to boost rent prices. EMILY JACKSON/METRO

Map mistake means more time for public input

A faulty map of the area around a proposed LNG plant omitted the Skeena River, which is B.C.'s second longest river. COURTESY STANTEC

Outcry over a proposed liquefied-natural-gas (LNG) plant project description document that was missing the Skeena River has prompted the federal government to extend two deadlines for public participation.

The inaccurate map of the Pacific NorthWest LNG project was posted online by the Canadian Environmental Assessment Agency (CEAA) in February and remained there until early August. The site has since been updated with an accurate map.

The plant is proposed for Lelu Island, near Prince Rupert and the mouth of the Skeena, which is B.C.'s second longest river and a spawning habitat for several species of salmon.

"The Agency makes every effort to review and ensure quality control on the material provided by proponents," said CEAA spokeswoman Karen Fish in an email to Metro.

"The Agency appreciates comments and counts on feedback from stakeholders as part of its goal to continuously improve."

The decision was made in April to go ahead with a federal environmental assessment.

Members of the public who wish to comment on what should be examined during the environmental assessment now have until Sept. 20 to register.

Aboriginal and other groups who wish to apply for federal funding to participate in the assessment also now have until Sept. 20.

The faulty map was produced by Stantec and commissioned by Progress Energy, a Canadian subsidiary of Petronas, the Malaysian energy giant behind the proposed LNG export terminal.

Stantec senior principle Ward Prystay said earlier this week that the error came about as a result of combining federal and provincial data sets.

KATE WEBB/METRO

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Car-surfing? Witnesses say man was riding on hood before lethal stop

The RCMP are releasing new details about a bizarre accident that left a man dead in B.C.'s Interior and prompted criminal charges.

The incident happened last Wednesday in Sicamous, more than 100 kilometres east of Kamloops, when an RCMP officer on patrol spotted 49-year-old Troy Charlton laying on the street with severe injuries.

Charlton later died in hospital.

Police have already announced charges of criminal negligence causing death and impaired driving causing death against 46-year-old Christina Laforge, also of Sicamous.

Now, an RCMP news release says investigators have heard from witnesses who reported seeing Charlton riding on the hood of a vehicle as it drove down the street until it came to a sudden stop, throwing Charlton off the hood.

Police initially suggested the incident might have been a hit-and-run, but the RCMP now says Laforge remained at the scene.

THE CANADIAN PRESS

Dementia. Crown has no desire to put 95-year-old murder suspect in prison

A 95-year-old dementia patient who's been charged with murdering his roommate will undergo a psychiatric assessment before his next court appearance in September.

But the Crown lawyer in the case said that there is no wish to put John Furman behind bars.

"We're certainly not interested in incarcerating this gentleman, who I understand is a decorated war veteran and otherwise excellent citizen up until he got this Alzheimer's disease," Crown lawyer Howard Pontious said Wednesday outside provincial court.

He said authorities had little choice but to charge Furman with murder but thinks it's unlikely the charge will proceed.

"It's pretty obvious that there's virtually no culpability because there's no capability of forming a malicious intent as far as I can tell," Pontious said.

Pontious said the psychiatric review will determine whether Furman is not criminally responsible due to a mental disorder.

"They could address the main issue in this case, which is the risk that he poses to other people." THE CANADIAN PRESS

Live-in caregiver Leticia Sarmiento is also suing her former employers to recover the money she says she's owed. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Nanny a 'virtual slave,' court hears

Human trafficking. Crown asks for five to six year sentence for Metro Vancouver man

Leticia Sarmiento was a modern-day slave, working 16 hours a day, seven days a week as a nanny for a wealthy family in B.C., says the Crown, urging a judge to hand down a sentence for her former employer that will deter others from trafficking vulnerable women.

Franco Yiu Kwan Orr was found guilty in June of human trafficking for bringing Sarmiento to Canada, where she was paid $500 a month to care for his three children.

"He kept her as a virtual slave in his home," Crown lawyer Peter La Prairie told B.C. Supreme Court Judge Richard Goepel on Wednesday. "It was a crime of greed and it was a crime of control."

La Prairie asked Goepel to impose a prison sentence of five to six years.

A mother of three herself, Sarmiento testified that she was told by the couple before coming to Canada that she would continue to have regular working conditions. She said they told her she could become a permanent resident after two years and her children could join her here.

Living in Metro Vancouver, she said she was not allowed to socialize with other people and had her passport taken away. After 22 months, Sarmiento called 911.

La Prairie said Orr used deception to get Sarmiento into the country, subjected her to degrading and humiliating conditions once here, and did so for his own profit — all aggravating factors for sentencing. THE CANADIAN PRESS

Loss and despair

"I have not seen my children since 2007.... I stopped having income to send home, so my kids stopped going to school."

Leticia Sarmiento, in a victim-impact statement

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Sensible B.C. aims to get 5,000 pot-smokers off the couch ...

... to lead marijuana petition. Group looking to force a referendum on decriminalization

Dana Larsen wants YOU — and 5,000 other citizens — to help him canvass signatures for his Sensible B.C. campaign to force a provincial referendum on the decriminalization of simple marijuana possession.

The longtime pot activist will have 90 days beginning Sept. 9 to collect signatures from 10 per cent of registered voters in all of B.C.'s 85 ridings, which would trigger a referendum in September 2014.

Larsen said he has already signed up more than 1,000 canvassers but wants thousands more so that his campaign starts out on the same footing as the successful Fight HST campaign.

"My target is to have 6,000 canvassers, and I'm expecting to have about half of those in by Sept. 9. If we can have half of our canvassers registered by the time we start on Sept. 9, I think we'll be on track for a good campaign," Larsen said.

The commitment can be as much or as little as volunteers want, and he stressed that it's not so much about knocking on doors as it is collecting signatures in high-traffic areas such as parks and transit hubs.

Larsen's budget is about $250,000 — most of it donated by a wealthy pro-pot lottery winner — which is about equal to what the Fight HST campaign spent to defeat the unpopular harmonized sales tax leading up to the 2011 referendum.

KATE WEBB/METRO

The Sensible B.C. campaign is looking for canvassers to collect signatures in high-traffic areas for its petition to decriminalize pot possession. KATE WEBB/METRO

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New hope in Cairo. Envoy says detained Canadians could be freed early

Two Canadians detained in Cairo remained behind bars Wednesday as an uneasy calm allowed the reopening of the Canadian Embassy in the Egyptian capital.

Egypt's ambassador to Canada said Tarek Loubani and John Greyson could conceivably be freed before the end of the 15-day period that prosecutors said they were ordered detained.

"Technically it is possible, because these are maximum (detention) times allowed by the law," said Ambassador Wael Aboulmagd.

"I think the first period will be four days, and then ... the prosecutor decides if he needs more time."

Aboulmagd stressed, however, that under Egypt's judicial system, he could not interfere in the process, and it would be entirely up to prosecutors to decide whether to release the men.

Loubani, a doctor from London, Ont., and Greyson, a Toronto filmmaker, were detained Friday by Egyptian police.

Friends and family say they were in Cairo after making an unsuccessful attempt to enter Gaza, where Loubani teaches emergency medicine and Greyson was exploring the prospects of making a documentary.

Canadian consular officials were expected to meet with the two men Thursday.

The public prosecutor's office in Cairo says the men face a range of accusations, including threatening security and social peace and possessing ammunition and explosives.

THE ASSOCIATED PRESS

Flood of support

600

The Egyptian Embassy in Ottawa has received more than 600 emails and phone calls from supporters of the two Canadians since their detention in Cairo.

Road rage. Chinese bus driver takes the angry route, plows into crowd

A Chinese bus driver angry over being punished by his company drove a bus into a pack of bicyclists and motorcyclists on Wednesday.

Twenty-seven people were injured, reports said.

The bus driver — identified only by his surname Li — previously had been fined about $32 US by his company for exceeding the speed limit and put on leave after he refused to write a self-criticism letter.

So the upset driver took an empty bus, which he plowed into people in the southern Chinese city of Shunde in Guangdong province.

Xinhua News Agency said Li slammed into one motorbike, 10 mopeds and five bicycles. Of the injured, two were in serious condition.

Li was detained by police on charges of endangering public safety.

THE ASSOCIATED PRESS

Gunmen strike

Drive-by attack kills politician

Gunmen shot and killed a Swedish politician and wounded another in a drive-by shooting Wednesday in Mogadishu, said police in Somalia.

Killed was Abdirahim Hassan, 24, a member of the youth wing of Sweden's Left Party. Ann-Margarethe Livh, a group leader for the Left Party, was injured.

THE ASSOCIATED PRESS

Argentina offers cash

Inmates' tunnel leads to freedom

Argentina has replaced its prisons chief and offered an $89,000 US reward for help capturing 11 dangerous inmates who tunnelled out of a maximum-security prison in a Buenos Aires' suburb.

Thirteen inmates escaped Tuesday by digging through solid concrete. By late Wednesday, only two had been captured.

THE ASSOCIATED PRESS

Citizen journalism: This photo from a usually reliable source is said to show the tragic aftermath of a purported toxic gas attack in Damascus, Syria. A woman is supported as she mourns over the bodies of children on Wednesday. LOCAL COMMITTEE OF ARBEEN/THE ASSOCIATED PRESS

Children killed: Did Syria use gas?

Alleged atrocity. Syrian activists claim 100 died in toxic attack in Damascus — a report that has shocked the world

Anti-government activists Wednesday accused the Syrian regime of carrying out a toxic gas attack that killed at least 100 people, including many children as they slept.

The purported attack happened during artillery and rocket barrages on the eastern suburbs of Damascus.

Shocking images emerged, showing pale, lifeless bodies of children lined up on floors of makeshift hospitals and others with oxygen masks on their faces as they were attended to by paramedics.

One appeared to be a toddler clad in diapers.

An activist said bodies of 63 of the dead had indications of a chemical weapons attack but he could not confirm this.

"Their mouths were foaming, their pupils were constricted, and those who were brought in while still alive could not draw their breaths and died subsequently," he said.

The Syrian regime called claims of the attack "absolutely baseless." Syria's ally, Russia, described the reports as "alarmist."

THE ASSOCIATED PRESS

Quoted

"Such an attack is completely unacceptable and we call on the ... regime to co-operate with the UN officials investigating these disturbing reports."

Canadian Foreign Affairs Minister John Baird, who says Ottawa will continue to monitor the situation in Syria closely

UN chief 'shocked'

United Nations Secretary-General Ban Ki-moon said he is determined to ensure a "thorough investigation" into the reports of a deadly toxic gas attack by the Syrian regime.

UN deputy spokesperson Eduardo del Buey said the secretary-general is "shocked" at Wednesday's alleged use of chemical weapons in the eastern suburbs of Damascus.

But President Bashar Assad's regime denied using chemical weapons.

However, a letter drafted by Britain and France has been sent to the secretary-general requesting that UN teams launch "an urgent investigation ... as expeditiously as possible."

More than half a dozen other countries — including the United States, Australia, Luxembourg and Germany — also signed the two nations' letter.

THE ASSOCIATED PRESS

His message is clear: A Syrian man who lives in Beirut holds up a placard during a protest over the alleged toxic gas attack in Damascus.
HUSSEIN MALLA/THE ASSOCIATED PRESS

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Officials investigating cause after at least 34 fall ill at Toronto's CNE

Was it the Cronut Burger? 5 hospitalized as vendor who offered popular treat closes down as precaution

Health inspectors are following up with food stands throughout the CNE, including Epic Burger — which serves the Cronut Burger, seen in inset. At least 34 people have reported symptoms of foodborne illnesses at the CNE, public health officials said Wednesday. STEVE RUSSELL/TORSTAR NEWS SERVICE

At least 34 people have reported symptoms of foodborne illnesses at the Canadian National Exhibition in Toronto, public-health officials said Wednesday.

Dr. Lisa Berger said Epic Burger and Waffles, which sells Cronut Burgers, will voluntarily remain closed as a precaution while health officials continue their investigation.

"All the food that was available at that food premises has been disposed of," Berger said. "Samples of that food have been sent to the public-health laboratory for sampling."

Berger said a three-hour inspection of the Cronut Burger maker was conducted Wednesday after people reported vomiting, diarrhea and stomach cramps on Tuesday night.

Paramedics treated 12 people who had symptoms of gastrointestinal illnesses. Five of those were taken to hospital.

Health officials are asking anyone who suffered a foodborne illness at the CNE to contact them.

Berger also noted that there are a number of ways people can become ill at the fair, such as "the hot weather we've had lately, dehydration, heat, food."

Prior to the exhibition, more than 1,600 food handlers had been trained, she said, adding that on opening weekend, Toronto Public Health conducted more than 200 on-site food inspections.

She said the current investigation will look at all aspects of food handling and safety.

"We're just in the very initial stages and we'll go where the facts lead us," she said, adding that the number of people reporting illness "merits a complete investigation."

Chris Botshka, who attended the exhibition Wednesday with his daughter, said he doesn't think the reports of a potential foodborne illness have caused too much concern.

"Everybody is buying and eating," he said.

Botshka added that he doesn't understand the draw of the Cronut Burger, which combines a doughnut and croissant into a burger that is topped with maple bacon jam.

"It's not something that appeals to me so it didn't really bother me," he said.

Toronto native Brooks Nesbitt said he arrived at the exhibition expecting to try the Cronut Burger.

"I heard on the radio that it was here, and I heard that it was very interesting and that it was the next new big thing," he said. "I decided I'd come give it a shot as well and now I can't."

Toronto Public Health said it has yet to confirm the source of the reported illness.

THE CANADIAN PRESS

Quoted

"Whatever we need to do to make sure this doesn't happen again, we're going to do that."

CNE general manager David Bednar

Queue-jumping found to have occurred in Alberta's health-care system

An inquiry has found that queue-jumping has occurred in Alberta's health-care system and that an environment exists in which it could happen again.

Justice John Vertes says while claims that queue-jumping was widespread and that politicians were moving people to the front of the line ended up being untrue, there were instances in which people got faster care. He said policies need to be tightened.

"The claim that it was not uncommon for senior executives to receive requests for expedited care proved to be unfounded," Vertes wrote in his final report, released Wednesday. "However ... the inquiry did in fact learn of incidents of improper preferential access and also identified several systemic issues that could foster an environment conducive to such improper access."

Vertes made a total of 12 recommendations to help prevent abuses in the province's $16-billion health-care system.

He suggested that the definition of queue-jumping and prohibitions against it be strengthened. He said it should be mandatory to report instances when patients are being pushed to the front of the line, and he added that whistleblowers should be protected.

Vertes also said doctors should never give priority under the guise of "professional courtesy" to other medical professionals unless there is an emergency or compelling reason.

The inquiry was called by Premier Alison Redford in response to a report by the Alberta Health Quality Council which found a variety of problems involving patient wait times and administrative confusion. THE CANADIAN PRESS

Two-month update

Over 14,500 homes damaged in Alberta floods

The Alberta government says more than 14,500 homes were damaged during severe flooding in June.

It also says 2,700 people are still living in temporary housing, in hotels or with friends and family.

The figures are in a two-month flood update provided by the province.

More than 8,000 applications for disaster-recovery support are currently being processed, and payments totalling nearly $7 million have so far been made.

Thousands in Calgary and surrounding communities were forced from their homes June 20.

Alberta Premier Alison Redford said earlier this week that provincial estimates show "well over" $5 billion will be needed to rebuild infrastructure, but she wasn't clear what that includes, stressing the cost figure is evolving, because it's "still early days."

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WikiLeaks leaker gets 35 years

U.S. soldier Bradley Manning was sentenced Wednesday to 35 years in prison for giving hundreds of thousands of classified military and diplomatic documents to the anti-secrecy group WikiLeaks, the largest such leak in American history.

The military judge didn't offer any explanation for the sentence. Manning stood at attention and appeared not to react.

The closely watched case has seen the 25-year-old called both a whistleblower and a traitor, and it opened a fierce debate on national security and freedom of expression.

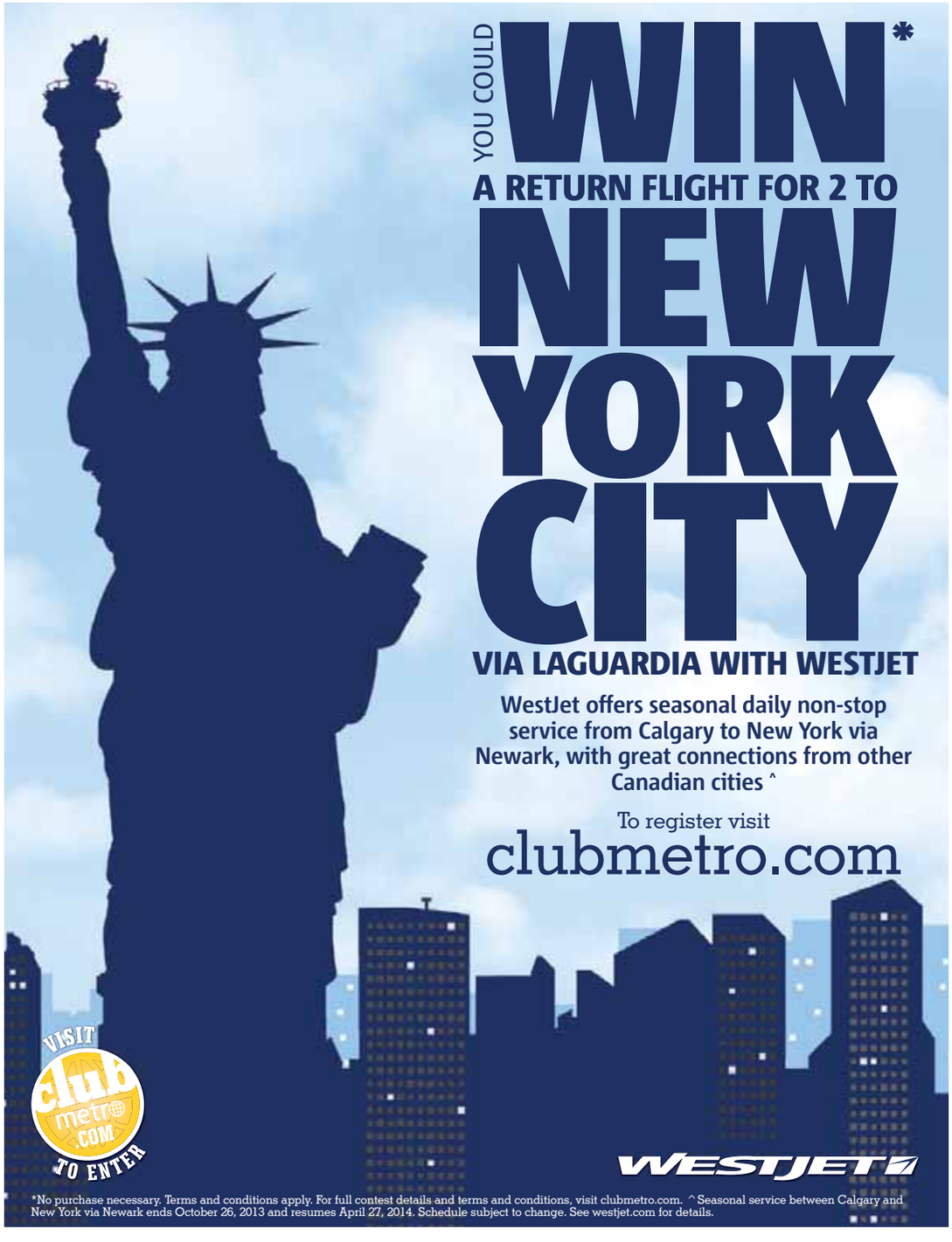
Manning's prominent supporters have included Daniel Ellsberg, whose sensational leak of the Pentagon Papers in the early 1970s exposed U.S. government lies about the Vietnam War.

Army Pfc. Bradley Manning

Manning had faced up to 90 years in prison. Prosecutors had wanted at least a 60-year sentence, saying it would dissuade other soldiers from following in his footsteps. The defence suggested no more than 25 years so that Manning could rebuild his life.

With good behaviour and credit for the more than three years he has been held, Manning could be out in about 6 1/2 years, according to his defence attorney David Coombs. Manning's rank was reduced, he was dishonourably discharged and he forfeited his pay.

THE ASSOCIATED PRESS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Sen. Wallin on the hook for $139K after audit

Paying back the taxpayer. Senate sets final tab for senator's disallowed travel-expense claims

Sen. Pamela Wallin's final bill is in — and it's a whopper.

The embattled Saskatchewan senator and former Conservative caucus member was informed Wednesday that she'll have to reimburse the Senate a grand total of $138,970 for ineligible travel expense claims.

Wallin was already on the hook for $121,348 after an independent audit of her travel expenses, released last week. The auditors advised another $21,000 in questionable claims should be reviewed by the Senate's internal economy committee.

Those claims involved travel to what the self-described "activist senator" deemed "networking events" and other special events, including speeches.

The report

The audit report, which looked at Wallin's claims dating back to 2009, listed 13 networking events, which Wallin had described as primarily lunch or dinner meetings with unidentified representatives of the business, arts and charitable communities.

The committee concluded Wednesday that Wallin should pay back most of those additional claims, worth $17,622.

The decision comes as no surprise. Last week's audit report noted that the internal economy committee's steering committee had already reviewed Wallin's travel claims for so-called networking events and had concluded that "while occasional exceptional occurrences for special events might be acceptable, the volume and pattern of the events listed (by Wallin) would not qualify them as Senate business."

THE CANADIAN PRESS

Sen. Pamela Wallin speaks to reporters outside a Senate committee hearing on Parliament Hill on Aug. 12. The embattled Saskatchewan senator has been ordered to pay back a grand total of $138,970.

PATRICK DOYLE/THE CANADIAN PRESS

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Have illness, will travel

Medical tourism. Tens of thousands of critically ill Canadians pay hefty price for out-of-province cutting-edge care

MATT KIELTYKA
matt.kieltyka@metronews.ca

Mike Allan wasn't lucid enough even to count down the final days to his death.

Laid out in a hospice, doped up on heavy painkillers and with his family having exhausted all possible avenues to treat his advanced Stage 4b metastatic melanoma, the Prince George man had nothing left to do but live out the rest of his life in medicated ignorance.

Until his wife, Karen, received a call from Edmonton's Cross Cancer Institute.

"'I have an idea that might work, but you have to get him here right now,'" Allan, 55, says, relaying his doctor's call. "They threw me in the back of the truck with an oxygen mask and drove to Edmonton."

Flying wasn't an option.

In his condition, transporting Allan to Edmonton by plane would have cost $16,000.

Heavily medicated, Allan doesn't remember anything about that first eight-hour journey from northern B.C. to Edmonton in March of 2011.

All he knows, and all that matters, is that within a week of going on the clinical trial for dabrafenib (available only at the Cross Cancer Institute at the time), he miraculously went from being a terminal patient receiving end-of-life care to being able to breathe on his own.

"I'm still alive!" Allan says when asked how he's fared since, a common response for many cancer survivors.

Making that boast was virtually unthinkable when physicians in B.C. determined the grandfather had run out of treatment options for his skin cancer in 2009.

"Everywhere we went within the regular system, it was always, 'No, no, no' and very negative," Allan recalls.

It wasn't until he consulted with Dr. Michael Smylie, a renowned oncologist at the Cross Cancer Institute, that the narrative changed.

"He looked at my chart, looked up at me and (said), 'I can keep you alive,'" Allan says. "It was inspirational that there was hope."

Since his astonishing turnaround, Allan has become something of a medical tourist.

The last person still undertaking his particular clinical trial (recently approved by the federal government as a treatment Canada-wide), Allan hops in his pickup truck and drives to Edmonton every three months for three days of exhaustive tests, treatment and followups.

He's not alone.

Every year, an unknown but sizable number of patients (the Canadian Institute for Health Information says there were 43,590 out-of-province hospitalizations in 2011-12, but does not provide details on the kind of treatments received) leave their communities for centres of excellence across the country that offer cutting-edge therapies and expertise that can't be found elsewhere.

The stresses and costs of travelling outside their communities for potentially life-saving care are staggering for the families involved.

Since clinical trials aren't covered under B.C.'s medical-services plan, Allan and his wife (with the help of some organizations such as Save Your Skin Foundation) put up the bulk of the travel and accommodation costs for each visit to Edmonton.

It's a trip they made 27 times in 2011, 19 times in 2012 and 16 times so far in 2013.

Some expenses can be written off through federal tax benefits, but that covers only a fraction of the cost.

"If I had known how expensive it was going to be, I would have bought a house in Edmonton," Allan jokes.

And then there's the long, winding 740-kilometre drive through some of Canada's harshest terrain.

It's treacherous at the best of times, and a nightmare when winter hits the Rockies.

"That's the most stressful part for us," Allan says. "The circumstances can be beyond your control. We've been stuck for 19 hours once because of a crash ahead of us."

Though he knows the cancer can come back at any point, linking up with an expert in treating melanoma has bought Allan priceless time with his family, including the birth of his grandson, Ryder.

Comfortable family-like settings help ease the stress for patients receiving life-saving care far from home. JENNIFER GAUTHIER/FOR METRO

Melanoma patient Mike Allan, top centre, travels from Prince George to Edmonton every three months to receive treatment. CONTRIBUTED

Cost of out-of-town care

$2,800

The cost for families who need to travel to get crucial health care can vary greatly. Canuck Place — which covers the expense for its families — says it costs approximately $2,800 to feed a family of four per month at the hospice.

$3,100

Medical and nursing costs at the hospice range from $1,500 a day for a patient booked in for respite (usually a stable patient staying seven days at a time with family members to relax) to $2,500 for pain and symptom management, and $3,100 for a child receiving end-of-life care.

$40K

Clinical trials for new drugs and treatments can also be expensive, though pharmaceutical companies often pick up the bill. Save Your Skin Foundation founder Kathleen Barnard's clinical trial for melanoma cost a total of $40,000, but was covered by the drug company.

$3.3M

Hope Air — a registered charity that offers free flights for patients to get out-of-town health care — spent $3.3 million in 2012, 82 per cent of that directly on providing 6,091 flights.

It says 28 per cent of clients would otherwise have cancelled or postponed treatment had it not been for Hope Air's flight.

Quoted

"If I had known how expensive it was going to be, I would have bought a house in Edmonton."

Melanoma patient Mike Allan
jokes about the expense of the 740-kilometre drive from his home in Prince George for three days of treatment every three months.

Making the journey easier

Specialized care can drastically increase quality of life even when arduous travel is involved.

That was the case for the Thomas family of Kelowna. Their first son, Kaden, was born with a life-limiting heart disease and was quickly linked in with Vancouver's Canuck Place Children's Hospice — the pediatric palliative-care provider in B.C. with 77 per cent of its 450 annual patients coming from outside the Metro Vancouver area.

The family of four accessed Canuck Place for treatment, pain management, counselling and respite services for many years (they moved to Ontario at one point but returned for the drier climate of Kelowna and the care at Canuck Place) until Kaden died in September 2010 at the age of 16.

"The only option locally would be to have him admitted into hospital," mother Jennifer Thomas said.

Physicians at Canuck Place devised effective treatment and pain-management plans for Kaden — pain that local doctors had trouble controlling — and liaised with Kelowna care providers to ensure the wheelchair-bound boy was comfortable at home.

Hospice staff were able to answer "all the hard questions" when local pediatricians couldn't, Thomas said.

"We have just a handful of pediatric palliative-care physicians in the province, and five of them are here," said Canuck Place CEO Margaret McNeil. "A family wants to go somewhere where they know has the best experience with a particular disease. And because they're very complicated, it's hard for a local pediatrician to have that experience."

Brothers Kaden, right, and Colby Thomas were regular visitors of Canuck Place as Kaden received treatment for a life-limiting heart disease. CONTRIBUTED

Beyond medical care, Canuck Place takes the stress off families with counselling, family activities and camp trips many take for granted.

"We didn't have any support like that outside of B.C.," Thomas said. "It made a significant difference with our life, marriage and relationship with our children."

Canuck Place — which gets 80 per cent of its funding from donors — foots the bill.

"We really want to make it easy for families to be here," McNeil said. "We believe that there should be no barriers."

There are countless organizations that ease the financial burden of patients who must leave their communities.

Facilities such as Easter Seals House Vancouver offer rooms for $20 a night, so patients don't pay premium hotel rates while travelling for procedures.

Canuck Place CEO Margaret McNeil says the hospice does everything it can to ease the financial and emotional burdens of treatment. JENNIFER GAUTHIER/FOR METRO

The logistics and cost alone can be a defeating experience, says Save Your Skin Foundation founder Kathleen Barnard.

She ran the gamut in 2005 after being diagnosed with melanoma and is now dedicated to making the process easier for skin-cancer patients.

"It was so tough for us as a family," Barnard said. "Do I want to spend that much money and leave home on something offering a five per cent success rate or is it just an added burden?"

Organizations such as Barnard's exist so families don't have to compromise.

MATT KIELTYKA/METRO›

Putting specialized care on the map

The health-care landscape across Canada changes constantly, as hospitals acquire new technology and specialists and provincial governments revise their health-care policies. Here's a look at some of the specialized care that Canadians travel for

Edmonton

Only a handful of surgeons can perform pediatric heart transplants. In Canada, most young patients get their new hearts at the Stollery Children's Hospital in Edmonton or SickKids Hospital in Toronto.

Toronto

SickKids: Children come to SickKids in Toronto for specialized treatments of rare cases and clinical trials. The hospital also has arrangements with some provinces for certain kinds of care. For example, Newfoundland and Nova Scotia send pediatric bone-transplant patients here.

Montreal

People seeking gender-reassignment surgery are often referred to the GRS centre in Montreal. The procedure is covered by most, but not all, provinces' health-care plans.

United States

Some Canadian patients must go to the United States for certain procedures, including Open MRIs (for patients whose claustrophobia prevents them from going in a traditional machine), some types of genetic testing, stem-cell transplants and certain complex orthopedic, ophthalmological and cancer procedures.

Winnipeg

Most Canadian patients who need gamma knife radiosurgery for treatment of certain kinds of brain tumours and other conditions go to the Winnipeg Health Sciences Centre or the University Health Network in Toronto.

Halifax

Patients from New Brunswick, Newfoundland and P.E.I. will go to the Atlantic Canada Multi-Organ Transplant Program at the Queen Elizabeth II Health Sciences Centre in Halifax for kidney, liver, heart and pancreas transplantation services.

TEXT: JESSICA SMITH & MATT KIELTYKA/METRO

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Capilano Mall
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1295 Marine Dr
1801 Lonsdale Ave

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Baltimore Ravens fans watch Super Bowl XLVII. GETTY IMAGES FILE

Are Google and NFL in talks on Sunday Ticket?

Television. With $48B in cash, web giant could easily take contract from current holder DirecTV

Google has been holding meetings with the National Football League, raising speculation that the Internet monolith is seeking new inroads into television.

Other tech companies like Apple are reportedly in talks with cable providers to boost access to blockbuster television shows through their devices.

With Google sitting on a cash pile of $48 billion US, the league's Sunday Ticket package is easily within its reach. The contract is currently held by DirecTV, which pays about $1 billion annually for the rights. That contract, however, expires at the end of the 2014 season. Citi analyst Jason Bazinet believes that DirecTV is losing money on the deal.

The NFL confirmed its meetings with Google but declined to discuss the nature of those talks, as did Google. "Members of our office meet often with innovative leaders in Silicon Valley and around the world," the NFL said in a statement. "We are constantly looking for ways to make our game better on the field, in the stadium and for fans."

The Sunday Ticket Package provides fans with access to most out-of-market NFL games not televised nationally on ESPN or on NBC.

Google recently unveiled a device called Chromecast as part of its attempt to make it easier for people to access Internet content on their TVs. Chromecast is a small stick roughly the same size as a thumb drive that can be plugged into an HDMI port on flat-panel TVs.

THE ASSOCIATED PRESS

Market Minute

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95.48¢
(-0.78¢)

TSX
12,573.08 (-97.03)

OIL
$103.85 US (-$1.26)

GOLD
$1,370.10 US (-$2.50)

Natural gas: $3.47 US (+3¢)
Dow Jones: 14,897.55 (-105.44)

Five billion to go...

Facebook plan aims to get more people online

Facebook CEO Mark Zuckerberg wants to get all of the world's 7 billion people online through a partnership with some of the largest mobile technology companies.

The partnership, called Internet.org, includes Samsung, Finnish handset maker Nokia and wireless chip maker Qualcomm Inc.

Plans include developing cheaper smartphones and tools to reduce the amount of data required to run mobile applications.

Facebook said the group's goal is to "make Internet access available to the two-thirds of the world who are not yet connected" — about five billion people.

THE ASSOCIATED PRESS

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HE SAYS

John Mazerolle
metronews.ca

It's almost time for kids to head back to school, which means the back-to-school ads have been out so long that many of the principal actors in them have died.

It's given me lots of time to think about back to school, and reinforced for me how important it is to buy the right things for your school-aged children, lest you ruin their fragile lives.

No pressure.

I don't have kids myself, which makes me the perfect person to tell you what to buy for yours: Friends are always telling me about what their best-laid child-rearing plans are. But then their kids don't come according to spec and suddenly they're doing things they swore they'd never do.

So as a childless guy I can bring an unsullied perspective to the back-to-school purchases — and jump right to the decisions you're going to make anyway without the high-principled hand-wringing in between.

To me, back to school is the young person's version of New Year's resolutions — proof that we can start with a clean slate and get it right this time. A sweet lie, in other words.

I still miss the back-to-school gift package — mostly because I haven't had a nice, fresh set of clothes since 1993.

I've bought new clothes since then, sure, but I mostly replace items one at a time as they become too threadbare to wear. Sometimes I time it just right and walk into the Gap as a growing gap in my jeans reaches the breaking point, and my pants moult from my body as I enter the changing room, like a denim lobster.

So nothing was better than a whole set of new clothes, backpack and math gear (something where the dinosaur's head turns from different angles, please).

A school-grade kid can quickly build up a lot of baggage — in my case, a backpack filled with ink stains, crumpled papers from three months ago and a crushed banana I'd forgotten about.

But back-to-school supplies also offered a symbolic reset: I could forget about the time I cried in home economics because the teacher yelled when I forgot to add soap while washing the dishes. I could forget when I buried a rose in the snow because Missy Titus wouldn't accept it on Valentine's Day. It helped me forget getting a concussion playing soccer baseball (the concussion helped, too).

Those clean, perfectly folded shirts and pants lying on the bed brought a sense of order to my life. I don't know why I wasn't more popular.

So my advice to parents is: Buy distracting stuff. It doesn't have to be the best stuff, or the most trendy stuff. Just bright and shiny enough that your kids can forget how miserable school is. Bags of eraser shavings were popular at one point in my schooling. So don't go nuts.

With the right level of distraction protecting them from their school years, they can grow up to be whatever they want, maybe even the principals in back-to-school advertising. It's a year-round business.

ZOOM

Way to impress a lady

COURTESY RED BULL

Diver wows near Statue of Liberty

New York's Statue of Liberty was the backdrop for world champion diver Orlando Duque to leap from a helicopter hovering 75 feet (22.86 metres) above the Hudson River. Duque, 38, from Cali, Colombia, performed the stunt to promote the fifth stop of the Red Bull Cliff Diving World Series due to take place in Boston on Aug. 25.

METRO

Diver's viewpoint

"It doesn't get any better than diving in front of something as iconic as the Statue of Liberty."

Orlando Duque, high diver from Cali, Colombia

Dive in seconds

3

seconds is all the time Duque had to land a flying back somersault while travelling at speeds of 80 km/h.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Last year's taxes still not done? Instead of fretting over making time for these necessary-but-heinous tasks, why not get someone else to take care of them for you? Say goodbye to life's annoying administrative chores and hello to outsourcing with the help of these sites:

AskForTask.com:
Toronto-based startup connects people across Canada who either need a hand or have an extra one to offer for anything from cleaning the tub to building a website.

DoMyStuff.com:
Connects people needing help with people offering to give help with just about anything (though the site could benefit from connecting with a designer).

Letters

metronews.ca

RE: Vancouver's Science World Trying To Teach Kids About Sex? How Dare They ... published Aug. 21

They are already being sexualized between magazines, TV, video games, music, and other societal things. This is a huge learning moment for you and your children. Take it, show them and let them ask questions. Education is power, not ignorance or hiding.
Heather Avery posted to metronews.ca

It is better to teach the kids about sex so they can make an informed decision. I'd rather have the kids know about sex minus the self righteous moral guardians than have teenage pregnancies. I have seen that one first hand with someone I knew in middle school who was 13 and pregnant. She ended up dropping out shortly after.
Taggart Romkey posted to metronews.ca

Let's all assume: This is at a public event and establishment. Committees will have been involved in deciding what, and what not, to include. It will be suitable for both genders and for the recommended ages of viewers.

It will likely be better than anything an anxious parent, or a priest, or a misguided peer, or a movie could show and tell. And it provides an opportunity for parents to have an educated talk with their curious kids, or maybe become better educated themselves.

If I lived in Vancouver, I would go. If my kids were not already grown up, I'd take them. Maybe I'd see it myself first to see if it's suitable. We had all the sex conversations with them before they were old enough to reproduce, for their own protection and ours.
DaleWale posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 22 SHOPPERS DRUG MART

Cavalia's Odysseo features 63 horses and 47 artists. CONTRIBUTED

Cavalia gallops into town

Horsepower. The equine-fronted show isn't returning until December, but it's time to start thinking about getting tickets now

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Sure it's only August but that doesn't mean folks shouldn't get a head start planning their schedule for the end of December. Especially for some of the larger touring productions that come to town — after all, they usually sell out pretty quickly.

Here's one you should jump on fast: Cavalia returns to Vancouver this winter with a $30-million production called Cavalia's Odysseo.

Once again, the show is powered by horses. Sixty-three of them, in fact. It also features 47 artists, some high-tech visual wizardry and a giant white tent.

Mounting this epic ode to man and horse (you see what I did there?) is Normand Latourelle, one of the four co-founders of Cirque du Soleil. So fair to say the performance bar is high. I saw Cavalia when it was here a couple of years back and, while I didn't think it quite reached the usual Cirque standard of excellence, it was a stunning production, nonetheless.

Tickets for Odysseo range from $29.50 to $139.50 (plus taxes/fees); or you can opt for the Rendez-Vous package ($139.50 to $209.50), which gets you the best seats in the house, a pre-show buffet dinner, open bar, desserts at intermission and a post-show stable visit. Tickets are on sale now at cavalia.net.

Chan Centre announces new season

We're already in fall/winter preview mode (kind of depressing, right?) so let's keep it going with the announcement of the Chan Centre's 2013/14 season. First off, it's Kronos at 40 (Oct. 19), which will feature new work by the incredible Kronos Quartet, co-commissioned by the Chan Centre in honour of the group's 40th anniversary. Composer Philip Glass will also give an exclusive lecture to ticket holders before the show. Tickets start at $36. Then, on Oct. 27, it's the soulful voice of Mariza, who sold-out the place in 2009. Tickets start at $36. And lest we forget African artist Rokia Traoré, who graces the Centre's stage Nov. 7. Again, tickets start at $36. More information at chancentre.com.

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Saving the pennies for sinking pints

Interview. The man behind The World's End talks about how he kept it frugal when making his latest bromedy

NED EHRBAR
Metro World News in Hollywood

Martin Freeman, left, Paddy Considine, Simon Pegg, Nick Frost and Eddie Marsan star in The World's End. CONTRIBUTED

Edgar Wright knows how to stretch a dollar.

With his Cornetto Trilogy of films — the zombie rom-com Shaun of the Dead, the action bromance Hot Fuzz and his latest, the alien invasion pub crawl comedy The World's End — Wright tackles tales of arrested male adolescence and nostalgia but marries them with heaping servings of genre spectacle.

And that doesn't usually come cheap.

While he won't give an actual figure for the production budget of The World's End, Wright will say it was "more than Hot Fuzz, but less than Scott Pilgrim and less than Paul. And not even double what Hot Fuzz cost. So we absolutely put everything on the screen."

And the effects-filled, action-heaving film actually had a production schedule that was one week shorter than the one for Hot Fuzz. The secret to making it work? More work for Wright.

"The only way that was possible was that I had to direct second unit on Saturdays and Sundays," he says.

"So there were points in the movie where I directed for 20 days in a row without a day off — and I would do main unit and second unit, so I would start at eight in the morning, work through my lunch break and then all of a sudden do another four hours after the main cast had gone. And that was the only way to get through the schedule."

Not much to say

Edgar Wright is a big fan of social media, using his active Twitter account for both promotion and communicating with fans and friends alike. But when it comes time to make a movie, he clams up on the subject.

- **Quote.** "I actually feel superstitious talking about future projects, which is why during World's End I actually went off Twitter

He pauses for a second and knits his brow.

"I'm really just trying to get some sympathy here," he adds with a grin.

But while the amount of money available to him to make a movie has increased since Shaun of the Dead or even Hot Fuzz, Wright still keeps frugality at the front of his mind.

"Everything that I've done has always been really tight to the wire schedule-wise, budget-wise," he says.

"The good thing about working with (the production company) Working Title is that they kind of leave you alone to make the movie on the basis that you keep under-budget and that you keep on schedule, which we did. And so then you can kind of do what you want. But believe me, I've never been in the position where I've felt like I'm having a money fight on set or something. I've never stood on the set and thrown dollars at people's faces."

You're Next, mainstream movies

Interview. Indie cinema darling Adam Wingard finds success with a crossover flick about a horrible home invasion

MATT PRIGGE
Metro World News

Nick Tucci and Wendy Glenn star in You're Next. TAYLOR GLASCOCK

For years, director, writer, cinematographer (and occasional actor) Adam Wingard has laboured in the world of indie horror. After numerous shorts (including the V/H/S series), he made You're Next. Written by Simon Barrett, the film is a home invasion thriller with enough loose indie acting — and a sick sense of humour — to make it stand out. Made in 2011, it's now receiving a decent release by Lionsgate.

I read that you were shocked when You're Next got a strong audience reception during an early test screening. Were you not trying to make something to cross over?
Going into it, I was actually trying to make something more accessible, something that could be seen in a mainstream light as opposed to the movies we'd done up to this point. ... As a kid, I watched a lot of crazy, big-budget Hollywood movies, horror films and so forth. Those were the kind of things that initially made me want to make movies.

But the film still has a loose style.
I did want to use aspects of what you would normally consider a conventional cinematic language and integrate it into my kind of style. Still, I couldn't rely on overly shaky handheld camera movements and weird editing styles. Normal audience members, they just want to be involved in the story.

Are you reluctant to do more studio work?
I feel like as a filmmaker you have to give the studio thing a shot because at the end of the day every time you make an indie film, you're taking a gamble. ... Will somebody pick up this film? What will happen to it?

There are members of the mumblecore scene here. How did this approach jibe with the horror elements?
The mumblecore thing is about creating reality beyond what you usually see in cinema. You're not picking actors based on a role. You're picking roles based on actors. I wanted to bring that esthetic to it.

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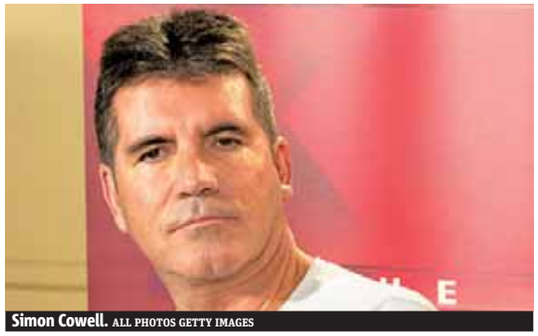
OUR TAKE ON THE WORLD OF CELEBRITIES



Simon Cowell. ALL PHOTOS GETTY IMAGES

Father-to-be Cowell finally finds his voice

Simon Cowell is finally speaking out about the unexpected pregnancy of gal pal Lauren Silverman — and for once he's playing nice. "Things are changing in my life right now, for the better. I'm proud to be a dad," he tells the BBC. "It's something I haven't thought of before ... now I know I feel good about it. And she's a very special girl." Silverman and her husband — and Cowell's pal — Andrew Silverman reached a divorce settlement just last week.

Wentworth Miller

Russian invite rejection signals Miller's coming out

Prison Break actor Wentworth Miller declined an invitation to the St. Petersburg International Film Festival, publishing his response on GLAAD's website: "Thank you for your kind invitation. As someone who has enjoyed visiting Russia in the past it would make me happy to say yes. However, as a gay man, I must decline. I am deeply troubled by the current attitude toward and treatment of gay men and women by the Russian government. The situation is in no way acceptable, and I cannot in good conscience participate in a celebratory occasion hosted by a country where people like myself are being systematically denied their basic right to live and love openly."

The Word

Scientology failed to get Bono and Brad on the hook

The Church of Scientology tried to recruit both Brad Pitt and Bono in the 1990s, according to former Scientologist Jenna Miscavige Hill, niece of Church leader David Miscavige. "I think that celebrities are more inclined to be egocentric and Scientology caters for that — you're your own God. They're probably being told that all the time," she tells Radar Online. "But they're probably insecure, so the self-help of Scientology lends itself to that. And Scientology is meant to save people and the world, so the charitable thing appeals to a celebrity. If you're egocentric, not always confident or insecure because of being in the public eye and want to be charitable, Scientology pushes your buttons. That's why someone like Bono would fit the bill perfectly as so many people know him." According to Miscavige Hill, Pitt went through the Church's entry-level Purification Program while dating Juliette Lewis but ultimately decided it wasn't for him.

Lindsay Lohan

Lohan's Oprah sit down doesn't live up to billing

Despite all the buzz and build-up, Lindsay Lohan's much-discussed sit-down with Oprah Winfrey failed to produce much in the way of ratings. The one-hour special averaged 892,000 viewers during its premiere, with an average of 504,000 viewers tuning in for the encore broadcast that immediately followed. By contrast, Winfrey's interview with Lance Armstrong in January pulled in 4.3 million viewers, breaking records for her OWN network. The Lohan special came in just above normal.

Twitter

@ElizabethHurley
Another gorgeous day- is this the best English summer we've had for years? Bliss....

@MichaelChiklis
When I think of all the different languages that developed literally right next to each other I can't help but think: How did Europe happen?

@JuddApatow
At least I didn't eat fries. (Positive re-enforcement for the end of the day

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SHOPPERS DRUG MART

The foolproof transitional season uniform

The perfect, simple outfit to cleanse your palate before autumn's trends roll in

METRO WORLD NEWS

The simple, classic white shirt and jeans combination is an under appreciated thing. Too often it gets bogged down with hyper-personalization: a wacky jacket here, piles of quirky necklace layering there. It's that rare, perfect outfit in which a set of fashion staples converge in a can't-screw-it-up formula. But sometimes, the best way to pull this off is by not tampering with it too much. The simplicity makes this look a nice breather of a palate cleanser before preparing to unpack all of the heady, intensity (bell shaped skirts the size of small cities anyone?) that will be autumn's trends.

Topshop
Moto Smokey Green Leigh Jeans, $76, topshop.com.

Lizzy Disney
Lock Bag – Black, $430, darkroom-london.com.

& Other Stories
Leather Belt, $44, stories.com

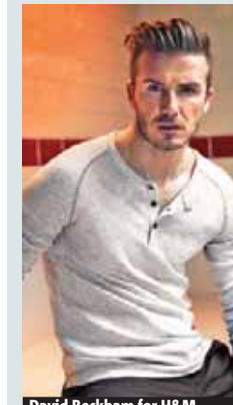
Charlie Collins, who we spotted in London, looks flawless in an unaffected kind of way because she didn't go overboard with the styling. METRO

Zara
button neck blouse, $50, zara.com.

Loeffler Randal
Pippa Collar flats, $275, shopbop.com.

Spitfire
Mainstream Wayfarer Sunglasses, $41, asos.com.

Dress it like Beckham



David Beckham for H&M
HANDOUT

H&M to sport the vintage and the varsity this season

Trend-conscious gentlemen who head into H&M this fall will likely pick up on the heritage sportswear feel of David Beckham Bodywear pieces. The newest campaign launched on Aug. 22 and is full of old East London atmosphere. Raglan-sleeve jersey and henleys come in athletic greys, alongside grey tank tops and a three-pack of grey trunks.

Pajamas are an essential both for lounging and sleep, and this autumn there are ribbed pajama pants, as well as full-length or short pants in drawstring jersey.

Coinciding with the new pieces will be a brand-new campaign set in an old-style sports changing room. It marks the latest stage in David Beckham's long-term collaboration with H&M, centred on a core collection of body wear pieces which are available all year round.

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Global style comes to Canada

Zara Home opens in the Great White North, allowing Canucks access to the Spanish store's decor gems.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

When Zara fashion stores first opened in Spain more than 30 years ago, they were a big hit.

Their up-to-date fashions at affordable prices has always kept the global-style shopper happy. Now home decor enthusiasts have something equally exciting to look forward to: Zara opens its first home decor and style store at Yorkdale Shopping Centre in Toronto on Thursday, followed by an opening at Carrefour Laval in Quebec.

From small furnishings, bedding and tabletops Zara offers up-to-the-minute home fashions for every room in the house. Twice weekly new home fashions will be delivered to stores to keep the merchandise fresh and the assortment new every time you visit.

Canadians can now also shop online at zarahome.com.

I went shopping around and here's a sneak peak at a few of our in-store and online favourites; luxury-styled items caught my eye as must-haves this fall.

Expect a wide range of decor styles to be sold at Zara stores and online. New products are introduced every two weeks, which gives home decor enthusiasts a reason to visit the Zara stores often.

Ceramic Lamp $200

Navy and white never go out of fashion and look crisp with the neutrals or pops with other strong colours. Switch the white shade for a gold metallic and it will go from traditional-chic to instant glamour. Buy these in pairs — a good way to display classic lamps.

Gold Monogrammed Flatware $10-12

Gold is one of the season's biggest decor trends, so why not add it to your dining experience? These are ultra chic and not just for formal occasions. After all, you deserve the everyday lux experience of eating with this latest trend.

Square Glass Tables $270

Wherever you place them, these tables will make your room look light, airy and sophisticated. Two sets side by side will make a very versatile coffee table for the living room.

Velvet Cushion with Feather Trim $60

Lux prevails with fresh green velvet and feathers. A great way to add this year's most coveted colour and to wake up a boring chaise lounge or neutral sofa. Use with caution — no more than two pillows or your sofa will look like an ostrich farm.

Fur Blanket $200

A great wrap for chilly nights on the patio or by the fire during the winter months; luxury fur trims are everywhere on the fashion runways and the trend in home decor is no exception.

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This story sucks: See the art in vacuuming

Cleaning. Here are some tips on methods and machines to help make the chore less of a challenge

Rydis robot vacuum has several cleaning settings, including an option to schedule a clean while you are away and a room indicator system to custom design the vacuuming intensity in different parts of the room — under beds, on carpets, etc. THE ASSOCIATED PRESS /MONEUAL USA

Is housekeeping drudgery? Not to us members of the unofficial "clean club."

You know if you belong: You enthusiastically discuss your favourite cleaning tools, staying loyal to equipment and techniques that have served you well over the years. You understand the difference between a crevice tool and an upholstery nozzle. Vacuuming? You see it as an art.

But what if you don't love to clean? Well, chances are you still need to suck it up.

Vacuuming how-to

Kit Selzer, senior editor at Better Homes & Gardens magazine, says you shouldn't begin cleaning by vacuuming.

"Vacuum after you've dusted. Pick up every possible thing from the floor, and move dining chairs and side tables out of the way so you have as much open space as possible," she says.

Professional house cleaners call this "top down cleaning" — you start at the top of the room, so particulates settle. Tackle ceiling corners, window treatments, furniture and finally the floors.

Selzer also suggests keeping the attachments — crevice tools and small brushes — handy as you get started.

"They're invaluable for getting dust, dirt and pet hair while you already have the vacuum out. Use the crevice tool in corners and along the baseboards, the upholstery brush on anything made of fabric and the dusting brush on blinds, books and lampshades," she advises.

Other tips:

- Small rugs act like mini mops, gathering up a lot of debris. Take them outdoors if possible for a good shake before vacuuming. If you can't do that, vacuum the rug thoroughly on both sides, roll it up and put it aside until the floor's been dealt with.
- For big rugs, the Dalton, Ga.,-based Carpet and Rug Institute recommends slow, overlapping motions front to back. Start from the centre of the rug and move out to the edges to prevent fraying. Don't go over one spot too many times; make three or four passes.
- Change the direction your vacuum passes frequently.
- For bare floors, use a good, soft brush to protect the floor. Brushes will harden over time and need to be replaced.
- Replace your machine when it no longer sucks like it used to. But make sure it's not just suffering from a clogged hose, filter or intake. Resist the fun of slurping up coins or small objects, as they can jam up the hose or, worse, the motor.
- Empty the canister or vacuum bag when it's a half to three-quarters full; don't wait until it's stuffed. By then, you haven't been sucking up anything, just dispersing dirt by moving the vacuum around.

Got pets?

Use crevice tools and upholstery nozzles to remove hair from tiny corners and baseboards as well as furniture. Vacuum throw pillows, mattresses and curtains weekly to remove pet dander and fur.

Choose your weapon

There are two camps when it comes to regular vacuum models: uprights and canisters.

Canister fans tout the toteability of a lightweight machine that can be easily carried up stairs and manoeuvred from room to room, and has a wand that gets under furniture. Upright lovers prefer to push than pull; these models tend to glide easily across floors and carpeting, and the dirt receptacle generally has a larger capacity than can vacs.

Canister faves include Eureka's Mighty Mite, Miele's Olympus and Delphi models, the Bissell Zing and Panasonic's Opti Flow. Well-rated uprights include the Shark Navigator Elite, the Dyson DC41 Animal, Hoover Wind Tunnel, Miele Cat & Dog and Bissell Clean View.

Oreck's line of uprights and canisters are light-weight and low-profile, with long-lasting belts and room-friendly bumpers and wheels.

Dyson's line is certified by the Asthma and Allergy Foundation of America. Its multi-floor model has a long, 16-foot cord and a large-capacity dust bin. All of Dyson's vacuums are bagless. The company recently introduced a cordless machine that's a kind of hybrid vacuum/Swiffer. The Dyson Hard has a double-edged cleaner head that sucks up dirt, and also has a wet wipe to remove dust and grime in one action.

Roomba is the market leader in robot vacuum cleaners, those little round gadgets that clean on their own and have a rechargeable battery. Their top-end model has not one but two HEPA (high efficiency particulate air) filters. Moneual's Rydis robot cleaner has a lot of different cleaning modes and an optional microfibre mop attachment. Neato Robotics' XV Signature Pro creates a vertical map of the room before it gets to work. Just like us clean freaks. THE ASSOCIATED PRESS

Rydis robot vacuum from Moneualusa.com

Dyson's new Hard vacuum has a double-edged cleaner head that allows users to vacuum and wet mop at the same time.

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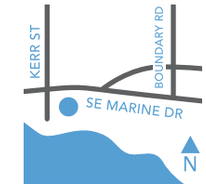


Modernize your home on a strict budget

Discounted countertops that may have a blemish can save you a bundle. ISTOCK IMAGES

DIY ideas. Whether it's your kitchen, bath, backyard or your house itself that's in need of an update, there are plenty of ways to freshen up your home on a limited budget

Start from the ground up
Instead of spending thousands on flooring, leaving your subfloors exposed can create a unique and rustic look for a fraction of the cost. Plywood, pine boards and OSB subflooring generally have an unfinished appearance. You'll just need to rent a sander to smooth out the wood, and then finish off the look by applying a few coats of varnish.

Everything but the kitchen sink
Installing a new kitchen countertop can really upgrade the look and feel of your kitchen, but can also break the bank.

Instead, take the time to scour through home stores for discounted pieces of countertop that may have slight blemishes. These imperfections may be unnoticeable to guests, and can add character to your kitchen at a drastically lower cost.

Pack it in
Custom cabinets and built-in shelves can be useful storage solutions with a hefty price tag. Restoring discarded items from restaurants or offices undergoing renovations can be cost-effective ways to set up storage in your home.

Go off the rails
Cable railings have become a hot commodity in homes, serving as both a fashionable and functional stairway feature. As an alternative, hiring a bike welder to build a similar metal railing to save thousands of dollars and create the same industrial feel.

On the cutting edge
Installing crown moulding can add an elegant border finish to any living room, but this often comes with a high price.

Substitute expensive crown moulding with smaller pieces of panel moulding, then paint in between to create the illusion of one large piece of crown moulding.

Feel a glow
Up-lighting is a system used to bounce indirect light off the ceiling and then back down into the room, creating a pleasant and welcoming ambiance.

As these systems can be costly, re-using external gutters can be a cost-effective alternative. First pain the gutters then mount to your walls, then place in fluorescent lights to complete the up-lighting system.

DIY NETWORK CANADA OFFERS MORE TIPS FOR YOUR ENTIRE HOME, AND ALL IN ONE NIGHT WITH ALL NEW SEASONS OF HOUSE CRASHERS, KITCHEN CRASHERS, BATH CRASHERS AND YARD CRASHERS AIRING WEDNESDAYS AT 9 P.M. ET/PT BEGINNING AUG. 28 ON DIY NETWORK CANADA

Most versatile risotto of them all?

"This is a great risotto recipe that uses lemon and asparagus as its flavour boosters. Feel free to experiment with other vegetables and cheeses to create your own signature risotto," writes Mary Rolph Lamontagne in her book Eats.

1. Bring the stock to a simmer in a saucepan.

2. In a separate medium-sized saucepan, heat 2 tablespoons of oil over medium heat. Add the onion and cook for a few minutes until translucent. Add the rice and cook for 2 minutes more, stirring until nicely coated and opaque in colour. Add the wine and stir until most of it has been absorbed.

3. Add 1/2 cup of stock to the rice, stirring continuously until the liquid is almost completely absorbed. Add more stock in 1/2 cup increments and repeat this process until the rice is tender, but still firm to the bite, 15–20 minutes. Remove from the heat.

4. Gently stir in the lemon zest, goat's cheese, Parmesan and the asparagus. Add salt and pepper to taste and the butter. Cover and set aside for 3–5 minutes. Serve with a garnish of Parmesan shavings and pea shoots.

RECIPE IS EXCERPTED FROM EATS ENJOY ALL THE SECONDS: 135 COLOURFUL RECIPES TO SAVOUR BY MARY ROLPH LAMONTAGNE, WITH PERMISSION.

Asparagus Risotto

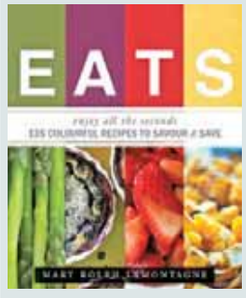
This recipe serves six. CONTRIBUTED/ EATS BY MARY ROLPH LAMONTAGNE

Ingredients

- 3 cups chicken stock, approx. (or vegetable stock for a vegetarian option)
- 2 tbsp olive oil
- 1/4 cup minced onion
- 1 cup arborio rice
- 1/4 cup dry white wine
- 1/2 tsp lemon zest
- 1/4 cup soft goat's cheese
- 1/2 cup freshly grated Parmesan cheese
- 1 cup cooked, chopped asparagus
- Salt and pepper
- 1 tsp butter
- Pea shoots (optional)

Cookbook of the Week

A splash of colour for your table



Eats by Mary Rolph Lamontagne is filled with creative recipes and simple basics — from all over the world — that make using leftovers a breeze. Fruits and vegetables (the most highly wasted items in a fridge) are prepared in master recipes and then re-invented in three or four others. Mary also offers tips for buying, growing, cooking, storing and freezing ingredients.

Among the recipes are: Tanzanian Eggplant Curry, Apple Sauce Spice Muffins, Spinach and Ricotta Gnocchi, and more.

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BACK TO SCHOOL

Thursday, August 22, 2013

Prepare for homework

MICHELLE WILLIAMS
For Metro

One way to improve grades is to set up space to do homework and make sure you have all the materials you need on hand. DMITRY KALINOVSKY/COLOURBOX

Just about any parent will agree that one reason to not look forward to the start of school is homework.

Here are some easy and effective tips from Toronto District School Board principal Cassandra Alviani-Alvarez on how to smooth the homework waters in your house:

1 Reduce stress by setting a non-negotiable homework time around their after-school schedules.

2 Work with your child to set up a calendar showing everything that's due over the course of the week or month and plan homework schedules accordingly.

3 Help your kids get organized: Set up the space, have all the materials they need on hand, and remind them to put finished work in the knapsack so it's not forgotten in the morning.

4 Remember to remain calm. Things get heated quickly if a child is having difficulty and you are struggling to make things clear. Have patience and look for different ways of explaining the situation.

5 Encourage your child to take short breaks when they get stuck on something.

6 If kids are struggling to stay focused, try turning it into a game. Use a timer and challenge them to see how much they can get done in five or 10 minutes.

7 It's important to encourage them to try to make some effort before you pitch in and help. Read instructions and get them to articulate what they need to do first before you walk away.

8 Resist taking over the assignment. You want it to be a true reflection of your child's ability. Teachers know when they are getting a parent's work — the quality is very different.

9 If your child just isn't understanding a subject, send a note back to the teacher explaining the difficulty so you can work together to help your child through the challenging tasks.

10 Praise is important. Make sure your child knows they have done a good job when they complete their work to the best of their ability. Keep it positive as they go off to bed to set them up for success the next day.

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Metropolis at Metrotown
Oakridge Centre
Orchard Park Shopping Centre
Pacifc Centre
Park Royal Shopping Centre
Richmond Centre
Royal City Centre
Scottsdale Centre
Sevenoaks Shopping Centre
Willowbrook Shopping Centre
Woodgrove Centre

Head back to class in style

One of the big highlights for kids heading back to class is all the amazing new fashions. Here are some fall trends to look forward to from H&M Canada showroom manager Karen Richter.

1 Urban chic. Dress with attitude for life in the city. It's a basic and fun look, inspired by graphics and lots of bright accent colours. Styling is cool, casual and modern.

2 Rocker vibe. Think of a cool party look with rock influences — denim and stud details, mesh, velvet, lace and chiffon for girls. The key look for girls is a black party dress, styled with a hat and sneakers. The key look for boys is a printed T-shirt, hoodie and studded slim jeans.

3 Sporty activewear. Playful, comfortable, safe, easy wear (and easy care) garments. This trend includes lots of bright, bold colours and simple relaxed shapes.

4 Multicultural street-inspired. It's a sharp and clean look inspired by the '90s, a quirky mash-up of prints and colours. Anything goes with this trend — kids can feel free to express themselves and dress according to their own personality.

5 Romantic. Dreamy and girly, featuring pastel colours, shiny text prints, flowers, lots of embellishments, sequin and lace details. Key looks include a sequin dress and cardigan, or a knitted sweater and tulle skirt with ballerinas and cute accessories.

6 Layers. Think current trends combined with classic basics and layered with warm accessories — denim, hoodies, leggings, cardigans and chunky knit hats, mitts and scarves. Look for neutrals, bright colours and classic prints like stripes and dots.

7 Urban nature. Inspired by the great outdoors, the look is relaxed, comfortable and casual. The key look is a flannel shirt, jacquard knitted cardigan and a padded vest with slim utility pants. Style with boots, a knitted beanie and a parka.

8 Animal prints. Leopard and zebra print are key, but also images of the animal itself. Style an oversized knitted sweater with animal prints and a brightly coloured slim-fit pant.

MICHELLE WILLIAMS

Left, a biker jacket ($29.99), French terry sweatshirt with lace hem, camo-print skinny jeans ($16.99), designer leather combat boots ($44.99) and polka dot backpack ($29.99) from Winners (winners.ca).

Left, an army jacket ($79.99), jersey tunic ($14.99), skinny jeans ($24.99), leather booties ($69.99), a plaid backpack ($39.99) and beanie ($14.99) from Winners (winners.ca).

A camo jacket ($34.99), hooded denim vest ($29.99), graphic T-shirt ($12.99), coated jeans ($39.99) and brand name leather skate shoes ($39.99) from Winners (winners.ca).

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1 Rated by ratesupermarket.ca, January 7, 2013. 2 Ranked by moneysense.ca, May 5, 2012. 3 Refers to the RBC Student Banking account with no monthly fee and 25 debit transactions per month. Cost of debit transaction over 25 per month is $1.00 per debit. 4 Subject to credit approval and meeting eligibility requirements. To get a list of eligible credit cards for students, please visit: rbc.com/studentcards. 5 Interest only payments apply while in school and one year after graduation. Personal lending products are provided by Royal Bank of Canada and subject to its standard lending criteria. Some conditions and restrictions apply. * No purchase necessary. Contest ends September 30th 2013. Correct answer to skill testing question required. For full contest rules and how to enter without purchase, please visit: rbc.com/rules. Eligible products include the RBC® Student Banking account, RBC No Limit Banking for Students® account, any RBC Royal Bank® credit card with a valid graduation date, and the Royal Credit Line® for Students. Credit cards are subject to credit approval. Personal lending products are provided by Royal Bank of Canada. Some conditions and restrictions apply. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Electronic checklist

Leaving for college.
Check out these tools and appliances that score top marks

MICHELLE WILLIAMS
For Metro

If it's time for your super student to leave the nest and set up a living space, you will need this electronic checklist of amazing appliances and cool tools that score top marks.

Panasonic toaster oven ($149.99) is compact, attractive, user-friendly and easy to clean. Ideal for student chefs with limited access to a kitchen or time to cook. (Panasonic.ca).

Kobo Arc ($199.99) is a multifunctional tablet, perfect for reading curriculum materials and doing research. It features more than 700,000 apps and games to keep students entertained. (Kobo.com).

ASUS MeMO Pad HD 7 ($160) is new, trendy and a total performer with loads of storage and functionality. Easy to use, store and carry, it's the perfect tablet for university students. (BestBuy.ca).

Tassimo Single Serve Coffee Maker ($79.99) is great for late-night studying. Small, sleek, easy to use, just pop in a T DISC with barcode technology for your personalized cup of coffee, tea, hot chocolate, cappuccino or latte. (FutureShop.ca).

Hamilton Beach Single Serve Blender ($19.99) makes a smoothie, power drink or milkshake, just the right size for storing and preparing a drink you can take with you. Just pop on the "to-go" top. (FutureShop.ca).

Samsung Galaxy S4 ($229.99) delivers incredibly clear and vibrant photos, games, apps and videos. Dual shot takes simultaneous front and rear shots, and drama shot gives you rapid-fire photos for a time-lapse effect. (FutureShop.ca).

HP Photosmart ($199.99) wireless all-in-one inkjet printer is perfect for all college students — it prints, copies, scans, faxes, and even accesses content from the Internet using the colour touchscreen display. (hp.com).

MacBook Air (starting at $999) is the lightweight notebook that will manage almost every aspect of student life. With the latest Intel Core i7 processors, MacBook Air has plenty of power and seven hours of wireless web time. (Apple.ca).

ASUS MeMO Pad HD 7, $160, top, Hamilton Beach Single Serve Blender, $19.99, left.

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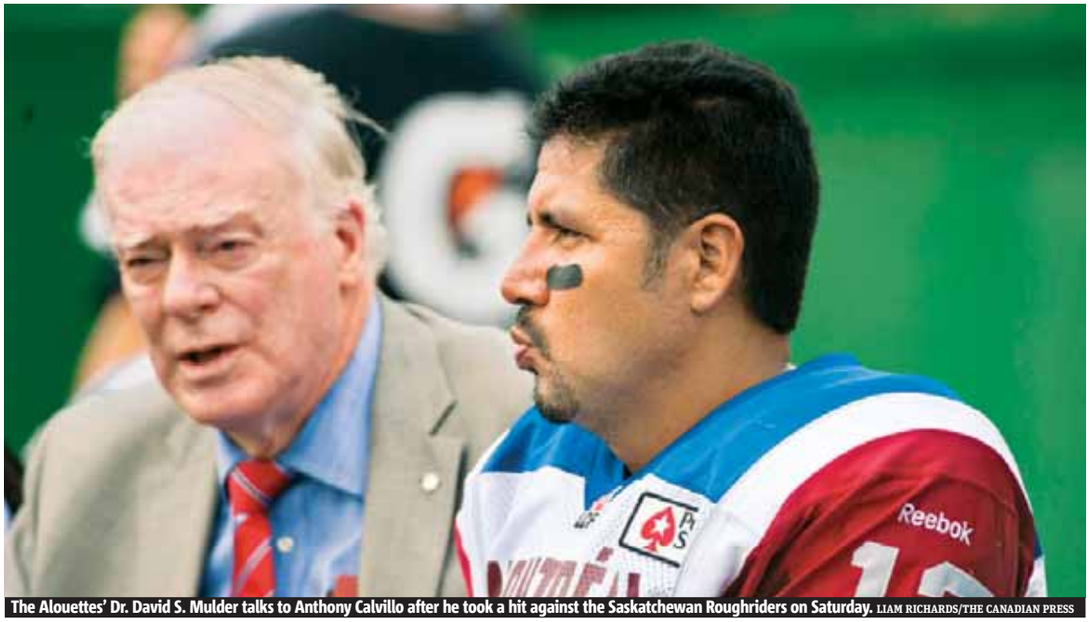


The Alouettes' Dr. David S. Mulder talks to Anthony Calvillo after he took a hit against the Saskatchewan Roughriders on Saturday. LIAM RICHARDS/THE CANADIAN PRESS

Lions preparing for Calvillo-less Alouettes

CFL. Montreal game has the makings of a thrashing, but B.C. wary of repeat of Argos upset

CAM TUCKER
cam.tucker@metronews.ca

It was confirmed on Tuesday: Montreal Alouettes quarterback Anthony Calvillo will not play on Thursday against the B.C. Lions because of a diagnosed concussion.

It's expected the Lions will now face Josh Neiswander, with all of 30 pass attempts in his Canadian Football League career, which officially began on June 11, 2011.

The Lions have already found themselves in a similar situation this summer.

On July 30, on the road in Toronto, the Lions faced Zach Collaros in place of the injured Ricky Ray.

On paper, it looked like a cinch victory for B.C. — a quarterback with barely a year's experience in the league up against a defence that was the best in the league a year ago and had been rounding into comparable form.

On the field it was a whooping, the kind that offers valuable lessons. Collaros, unfazed by his relative inexperience, led the Argos to a convincing win over the Lions.

If you'll recall the saying "Those who cannot remember the past are condemned to repeat it," it's apropos for the Lions, fresh off a win over the Calgary Stampeders in a defensive slugfest last weekend, as they face the struggling Alouettes.

"There's no doubt it's a reminder and fresh in our memory," head coach Mike Benevides said on Tuesday, before the team boarded a flight to Montreal.

"What happened in the past, learn from it. And what happened in that game (against Toronto), we did not make plays. We've got to make plays as a collective whole, as a defence.

"If we stay vigilant and do what we need to do, I don't really care who plays quarterback, whether it's A.C. (Calvillo) or not."

Execution

"If we stay vigilant and do what we need to do, I don't really care who plays quarterback."

Lions coach Mike Benevides on Thursday's game versus the Alouettes

UFC 167

Canadian set to put a hurt on American Lawler

Canadian welterweight contender Rory (Ares) MacDonald will fight hard-nosed veteran (Ruthless) Robbie Lawler at UFC 167 on Nov. 16 in Las Vegas.

MacDonald (15-1) is coming off a decision over Jake (The Juggernaut) Ellenberger that stretched his winning streak to five.

THE CANADIAN PRESS

MLB

Ichiro reaches 4K hits vs. Blue Jays

Alfonso Soriano hit a tiebreaking two-run homer with two outs in the eighth inning, Ichiro Suzuki got his 4,000th hit between the major leagues and Japan and the Yankees handed the Toronto Blue Jays their 12th straight loss in New York, 4-2, on Wednesday night.

David Huff (1-0) pitched one-hit ball in five innings of relief to shut down the Blue Jays before New York finally got to Toronto's R.A. Dickey.

THE ASSOCIATED PRESS

London calling

"It's my homeland, and if they say, 'We need your help,' I'm going to consider that."

John Herdman says he's happy as head coach of the Canadian women's soccer team, but he would listen if approached about taking the vacant England job.

Canucks announce Young Stars roster

Defenceman Frankie Corrado will be on the blue-line in this year's Young Stars Classic in Penticton. DALE MACMILLAN/GETTY IMAGES FILE

The Vancouver Canucks announced their roster for the upcoming Young Stars Classic, which takes place in Penticton from Sept. 5 to 9.

The Canucks will bring 31 players to Penticton and the South Okanagan Events Centre for the four-day tournament, which also includes teams from the Calgary Flames, Edmonton Oilers, San Jose Sharks and Winnipeg Jets.

The team will bring 10 defencemen to the tournament. The most notable member on the blue-line will be Frankie Corrado.

A fifth-round pick of the Canucks in the 2011 NHL draft, Corrado began last season in the Ontario Hockey League and was a late cut from Canada's national junior team before the world junior hockey championships.

Once Corrado and the Kitchener Rangers were knocked out of the OHL playoffs, the Canucks promoted the rearguard to Chicago in the American Hockey League, before calling him up to the NHL late in the regular season.

He went on to play in four playoffs games for the Canucks.

Up front, the Canucks will bring their two first-round picks from this year's draft.

Bo Horvat, selected ninth overall after the Canucks traded up in the draft by dealing Cory Schneider to New Jersey, and Hunter Shinkaruk, selected 24th overall, will be in attendance.

This month, the Canucks announced they had signed both Horvat and Shinkaruk to entry-level contracts.

CAM TUCKER/METRO

Horoscopes

♈ Aries
March 21 - April 20
You don't usually pay much attention to details but you will need to as of today. The Sun's change of sign warns it may be costly if you don't. Whatever you are working on, get the small stuff right first.

♉ Taurus
April 21 - May 21
A dynamic phase begins for you today and you must take full advantage of it. Don't be suspicious if people you hardly know praise you to the skies and offer to do you favours.

♊ Gemini
May 22 - June 21
It may be a pain having to explain yourself every step of the way but it will be worth it in the long-term. The planets make it easy to get close to people who mean a lot to you.

♋ Cancer
June 22 - July 23
Social activities are high on your agenda now and you must make time to have fun, no matter how much work you have got lined up. Don't worry too much about "serious" issues — they're really not that serious at all.

♌ Leo
July 24 - Aug. 23
The Sun leaves your birth sign today but you must not slow down or set your sights any lower. The next few weeks will bring new financial opportunities, be ready to act decisively.

♍ Virgo
Aug. 24 - Sept. 23
The Sun moves into your birth sign today and a new solar year gets under way, but don't think you have to start at a mad rush and try to get everything done at once.

♎ Libra
Sept. 24 - Oct. 23
You have not seen as much of a friend as you would have liked but your paths are destined to cross again over the next few weeks. Why not give them a call and reconnect today?

♏ Scorpio
Oct. 24 - Nov. 22
If you need to talk to an authority figure, approach them today while you feel super confident. The planets indicate they will listen to what you have to say and act in your favour.

♐ Sagittarius
Nov. 23 - Dec. 21
As the Sun crosses the career angle of your chart today. you must be more ambitious. The next few weeks will be crucial for those Sags who want to get on in the world. Success is closer now than ever before.

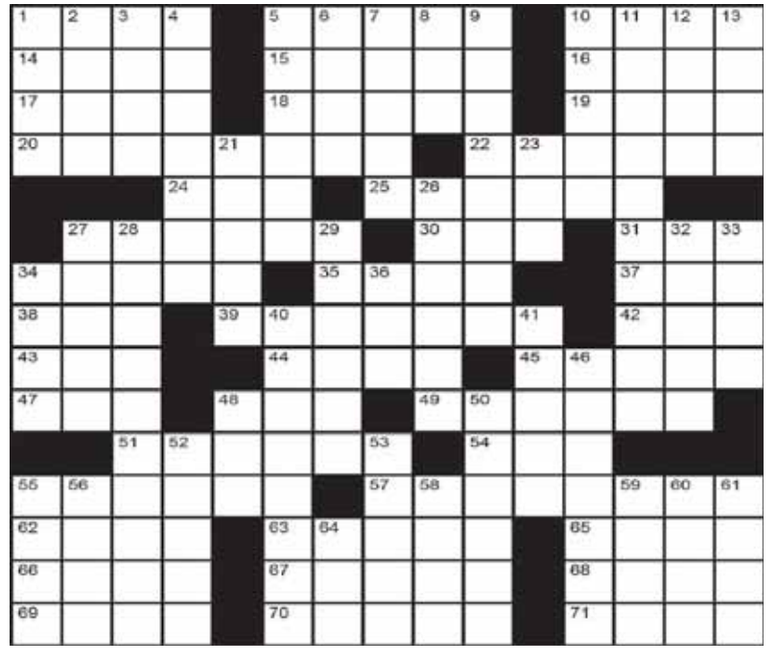
♑ Capricorn
Dec. 22 - Jan. 20
As the Sun moves in your favour today, you won't be in the least bit fazed by the challenges that fate throws at you. On the contrary, you can't wait to get stuck into them, such is your supreme self-belief.

♒ Aquarius
Jan. 21 - Feb. 19
There is nothing to fear but fear itself. With the Sun moving into one of the more sensitive areas of your chart you may need to repeat that mantra at regular intervals. Try not to worry.

♓ Pisces
Feb. 20 - March 20
Cosmic activity in your opposite sign of Virgo means you are will clash with someone over the next few days. Just because you see life from different angles does not mean you cannot get along. SALLY BROMPTON

Crossword: Canada Across and Down

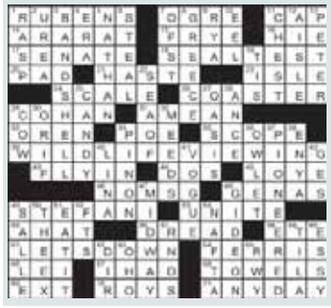
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. __ Kong
5. Not qualified
10. Some aircrafts
14. Downright nasty
15. __ prosequi (Not proceeding, in law)
16. Czech river
17. Ms. Dunham of HBO's "Girls"
18. Fancy instrument
19. City's air pollution
20. Provincial leaders
22. False
24. 'Pepper' add-on (Pizza topping)
25. NYC's __ Island
27. Regatta crafts
30. Humour style
31. Disney song: "Zip-a-Dee-Doo-__"
34. __ and fauna
35. "Not on _ __!" = "No way!"
37. Rambo portrayer, to pals
38. Pants split
39. Saskatchewan's provincial fish
42. Pourboire
43. Gremlin
44. Fool
45. "I Started _ __" by The Bee Gees
47. Last letter, USA-style
48. Inclined
49. Hamilton-born star Mr. Levy
51. House painter's tool
54. Apiece
55. Steamed in corn husks dish
57. Guess Who's "__ Woman"
62. Drop
63. Reserved
65. Detective's find
66. Voice characteristic
67. Nymph of Greek mythology
68. Answer-needer's aid
69. Barely manages, __ out
70. Bird-created structures
71. Chooses

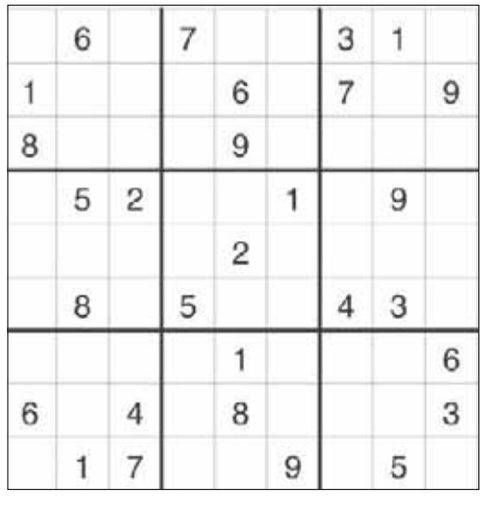
Down
1. Self-__ book
2. Finito
3. "The Whole __ Yards" (2000)
4. Fashion magazine
5. Reveal, as a portrait painting
6. Pinot __ (Wine variety)
7. Dental string
8. Misguided = __-conceived
9. "Heaven Coming Down" band from Windsor, The __ __
10. Canadian figure skating great Ms. Chouinard
11. New Brunswick city
12. Step heavily
13. Palm starch
21. Relative by marriage
23. Pig's pen
26. Pluck eyebrows
27. Mucky matter
28. It flows in NWT and Nunavut, __ River
29. Military greeting
32. Similar
33. Ballyhoo
34. Animator Mr. Freleng
36. Deli request
40. Singing sisters from Canada, Natalie or Nicole
41. Enthusiastic
46. Wrestler/rocker from Winnipeg, Chris __
48. "Never Ever" by __ Saints (Group #40-Down were in)
50. Overturns
52. Hall & __
53. Does garden work
55. Carry
56. "Star Trek" episode, __ Time
58. Vegan's taboo
59. Cut short
60. Uncle's wife
61. Profits
64. "__ you kidding?"

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

7	1	5	8	6	4	3	2	9
3	2	4	9	1	5	8	7	6
8	9	6	2	7	3	4	5	1
5	3	8	4	2	1	6	9	7
2	6	1	7	3	9	5	8	4
9	4	7	5	8	6	2	1	3
6	7	3	1	5	2	9	4	8
4	8	2	6	9	7	1	3	5
1	5	9	3	4	8	7	6	2

Today
23°/16°
Sunny

Friday
21°/16°
Showers
60%

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$95◊ from pp
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Conditions apply. Ex: Vancouver. Hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price per person based on quad occupancy (2 adults & 2 children ages 2-17). BC REG: #HO2790

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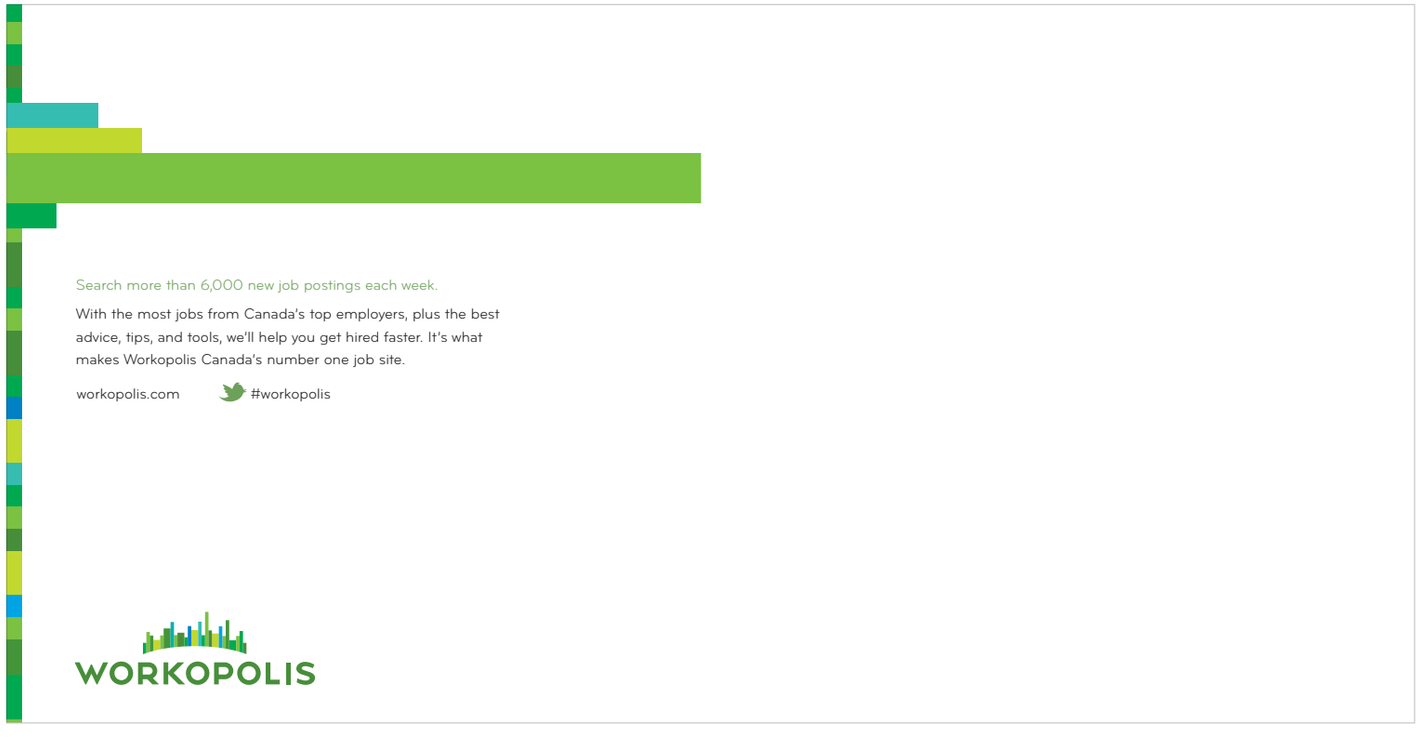
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For the official competition rules, please visit workopolis.com/captionchallenge
"Number one job site" based on six-month average online job postings for period ending July 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

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